

Attraction, Social Attraction, and Social Exclusion (Rejection)

Lecturer:

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To attract more love and romance, hang
artwork that depicts happy couples.

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REJECTION

The background of the slide features a soft-focus image of several blue flowers, possibly hydrangeas, with green leaves. The flowers are scattered across the frame, with some in sharp focus and others blurred, creating a sense of depth. The overall color palette is dominated by various shades of blue and green.

Rejection (Social exclusion)

People exclude you from their group

Ostracism

Being excluded, rejected, and ignored

Effects of rejection

Inner states are almost uniformly negative

Social rejection

- **Occurs when an individual is deliberately excluded from a social relationship or social interaction.**
- **The topics includes both:**
- ***INTERPERSONAL REJECTION(PEER REJECTION)**
- ***ROMANTIC REJECTION.**

OSTRACISM

- Refers to being excluded, rejected and ignored by others.
- Much ostracism is informal and some targets do not know why they are being ostracized.
- * **Explicit and leave no doubt that we are the object of their displeasure**
Eg: (when our love ones ignore what we are saying, leave the room when we enter)
- * **personal experiences tell us that irrespective of the form that ostracism may take exclusion and rejection by one is emotionally, cognitively, and behaviorally depleting, particularly when it continues over days, weeks or even years.**